



# Panhandle Health District

8500 N. Atlas Road

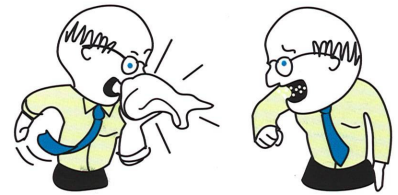
Hayden, Idaho 83835

Phone: (208) 415-5100 Information Line: (208) 415-5299 website: [www.phd1.idaho.gov](http://www.phd1.idaho.gov)

## WHAT YOU CAN DO TO PROTECT YOURSELF AND YOUR FAMILY

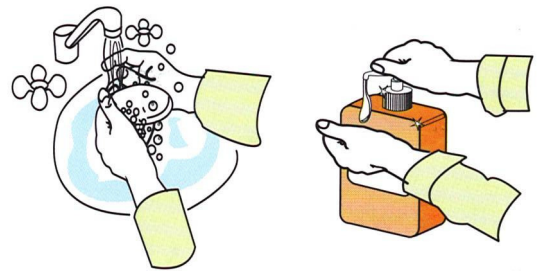
### COVER YOUR COUGH AND SNEEZE

- Cover your mouth and nose with a tissue
- Put your used tissue in the trash can immediately
- If you do not have a tissue, cough or sneeze into the inside corner of your elbow, not your hands



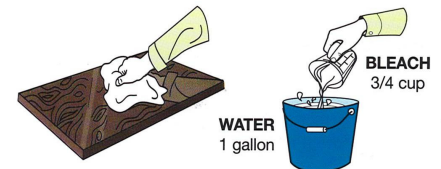
### WASH YOUR HANDS

- Wash hands with warm, soapy water for at least 20 seconds OR use an alcohol-based hand sanitizer:
  - After coughing or sneezing
  - After caring for a sick person
  - After using the bathroom
  - After handling garbage or animal waste
  - Before you eat



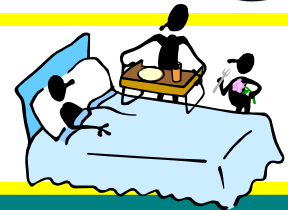
### KEEP LIVING AND WORK AREAS CLEAN

- Clean areas with household detergents (dishwashing liquid, laundry detergent, hand soap)
- Sanitize surfaces with bleach or alcohol



### KEEP YOUR DISTANCE

- Avoid sick people
- Stay home when sick



### DURING A PANDEMIC YOU MAY BE ASKED TO

- Avoid crowds
- Limit your travel
- Work from home, if possible



There are many common sense, non-medical steps you can take to protect yourself, your loved ones, and people around you. Following these procedures can significantly limit the spread of viruses.